



Do You Drink Too Much?

You may have a drinking problem if you...¹

- Feel guilty or ashamed about your drinking
- Lie to others about alcohol use and/or hide your drinking habits
- Have friends or family members who are worried about your drinking
- Need to drink in order to relax or de-stress or feel better
- “Black out” or forget what you did while you were drinking
- Regularly drink more than you intend
- Repeatedly neglect your responsibilities at home, work, or school because of drinking
- Use alcohol in situations where it’s physically dangerous, such as drinking and driving, operating machinery while intoxicated, or mixing alcohol with prescription medication against doctor’s orders
- Experience repeated legal problems on account of your drinking. (DUI, drunk and disorderly conduct)
- Continue to drink even though your alcohol use is causing problems in your relationships

If you said yes to one or more of the above, you may be abusing alcohol. If you think you have a drinking problem, please contact your healthcare provider, chaplain, Drug and Alcohol Programs Advisor (DAPA), or Substance Abuse Control Officer (SACO).

Tips for Cutting Back on Alcohol ²



- Keep track of how much you drink
- Write a list of reasons why you want to cut back on alcohol use
- Count and measure your drinks accurately using standard measurements. 1 drink=
 - 12 fl. oz. of regular beer OR
 - 8-9 fl. oz. of malt liquor OR
 - 5 fl. oz. of table wine OR
 - 1.5 fl. oz. of 80-proof spirits/hard liquor
- Set a limit on the number of times per day or days per week you will drink
- Get support from friends and family to help you reduce drinking
- Talk to a professional if you have difficulty cutting back or quitting alcohol
- Pace yourself, sip slowly and ensure you drink no more than one standard drink/hour (See standards above)
- Eat food while drinking; this will allow the alcohol to be absorbed by your body at a slower rate
- Find alternatives to drinking: healthy activities, hobbies or socializing with non drinkers
- Identify and avoid triggers such as people, places or things that contribute to your alcohol use
- Develop a plan to deal with urges; talk to someone that is encouraging and motivating



Additional Resources

- Alcoholics Anonymous (AA): <http://www.aa.org>
- The Coalition of Sailors Against Destructive Decisions (CSADD): www.public.navy.mil/bupers-npc/support/CSADD/Pages/default2.aspx
- Leaders Guide for Managing Marines in Distress: <http://www.usmc-mccs.org/leadersguide/>
- Military OneSource: <http://www.militaryonesource.mil>
- Military Pathways: http://www.militarymentalhealth.org/alcohol_abuse_facts/
- Narcotics Anonymous: <http://www.na.org/>
- National Institute on Alcohol Abuse and Alcoholism (NIAAA): <http://www.niaaa.nih.gov/>
- Navy Alcohol and Drug Abuse Prevention Program (NADAP): <http://www.public.navy.mil/bupers-npc/support/NADAP/Pages/default2.aspx>
- Navy Leader's Guide for Managing Sailors in Distress: <http://www.med.navy.mil/sites/nmcphc/Documents/LGuide/index.aspx>
- NMCPHC Alcohol and Drug Abuse: <http://www.med.navy.mil/sites/nmcphc/health-promotion/preventing-drug-alcohol-abuse/Pages/preventing-drug-alcohol-abuse.aspx>
- NMCPHC Wounded, Ill, and Injured Substance Abuse: <http://www.med.navy.mil/sites/nmcphc/wounded-ill-and-injured/Pages/substance-abuse.aspx>
- Office of National Drug Policy Control: www.whitehousedrugpolicy.gov
- Substance Abuse and Mental Health Services Administration (SAMHSA): www.samhsa.gov
- That Guy Campaign: <http://www.thatguy.com/>
- USMC Substance Abuse Program: https://www.manpower.usmc.mil/portal/page/portal/M_RA_HOME/MF/G_Behavioral%20Health/C_Substance%20Abuse



To learn how our programs can help keep you fit for service and improve your overall health, visit us at:

<http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/default.aspx>

¹ Smith M, Robinson L, and Segal J. Alcoholism and Alcohol Abuse: Signs, Symptoms, and Help for Drinking Problems. http://www.helpguide.org/mental/alcohol_abuse_alcoholism_signs_effects_treatment.htm ©Helpguide.org. All rights reserved. Helpguide.org is an ad-free non-profit resource for supporting better mental health and lifestyle choices for adults and children. Updated December 2012. Accessed January 2013.

² Tips to Try. Rethinking Drinking: Alcohol and Your Health. National Institute on Alcohol Abuse and Alcoholism. <http://rethinkingdrinking.niaaa.nih.gov/Strategies/TipsToTry.asp>. Accessed November 2012.